



# Team Toolkit

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## All Tied Up

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**Type of activity:** Icebreaker Energiser

**Participants:** 6-100

**Timing:** 15-30 minutes

**Key themes:** Communication, Motivation, Teamwork, New Team

### Overview

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A fun, gentle physical introductory activity that encourages teams to break down barriers and work together to solve the problem. Ensures that all participants are involved.

### Pre-Work

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None.

### Equipment and Layout

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Enough floor space for all participants to stand in circles of between 6 and 15 participants.

### Running the Activity

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1. Ask the group to stand in one tight circle facing each other (if the group is larger than 15 participants, split them into two or more groups).
2. Ask everyone to hold out both hands in front of them and move forward until they can touch the hands of participants opposite.
3. Everyone should then entwine their arms with each others' in the centre of the circle and grasp someone else's hand with each of their hands. Individuals should not be holding both hands of the same person.
4. The group now has to work together as a team to untie their hands by passing over and under each other's arms and hands until they form a circle once more.
5. No-one can let go of a hand.

## Additional notes

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- Sometimes the group will be unable to disentangle their hands completely – your timetable and the response of the participants should determine when you call a halt to proceedings if this appears to be the case.

## Review and Conclusions

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If the group have succeeded, you can look at:

- Teamwork – everyone had to get involved and work together to solve the problem
- Leadership – was one or more person in each group directing activities?
- Communication – how did the groups decide on their plan of action?

If the group did not manage to disentangle themselves, you can discuss the following:

- Was it an impossible task?
- Were the group not given long enough – would they have succeeded if given another 5/10 minutes?
- Would they do it differently next time around?

## Follow-up

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This is a fun energiser that leads well into other activities or facilitated discussions focused on teamwork and communication.

For further suggestions on follow-up and other team activities, go to [www.freshtracks.co.uk](http://www.freshtracks.co.uk) or email [mail@freshtracks.co.uk](mailto:mail@freshtracks.co.uk)

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